

YOUR WELLNESS PROGRAM

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You can benefit from a Wellness program! When your mind and body are run down they don't function at their best. That means your concentration and memory are decreased. Even your immunity is at risk when your body is run down. You may think you don't have time for a Wellness Program, but do you have time not to?

Choose ways to relieve the effects of stress and be healthier when stress arrives.

Decide what time of day works best for you. Are you a morning person or is there another time during the day that works better? Schedule a time like an important health appointment. Check out some of the following ideas and see which would be easiest to fit into your schedule.

Take 10 minutes each day doing one of the following suggestions or one of a similar nature of your choice. Do this beginning _____ until _____. **Record** your participation on the card provided and **submit completed cards to** _____ **on** _____.

1-Exercise breaks (i.e. 5 minute energizers, sprint to the mailbox, go up and down stairs, run the Gold Medal Mile, one day park farther away and take the stairs instead of the elevator, walk or ride your bike to the store)

2-Release tension (i.e. punching a pillow, muscle relaxation starting with your toes up to your scalp tense then release your muscles, or write a letter expressing yourself) Let out pent up energy while getting into your menial tasks (i.e. while cleaning scrub a little harder and vent your frustration you'll feel better after and you'll have a cleaner house)

3-Mental Vacations (i.e. your hobbies, do a crossword puzzle, try a new recipe, do research on your summer vacation, build something, knit, read a book or article just for fun)

NOTE: While taking a mental vacation let your mind wander. This excludes stressing about what you are not doing.

4-Rest and Relaxation (i.e. take a cat nap, soak in the tub even if it is just a foot bath, watch the sunrise and the sunset, find your favorite constellation of the season, bird-watch, take a nature walk, actually smell flowers, try some aroma therapy, yoga, Pilates or tai chi are workouts that calm)

5-Be happy! (i.e. laugh out loud, rent a comedy, read the comics, smile it takes less work. or even do something nice for someone else.)